

November 2025

Blue Mountain

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
5:30am			5:45am 			
5:45am						
6:45am						SATURDAY
8am					 	
8:30am						8:15am
9am						
9am						
10am	10:30am 					10:15am
10:30am					10:00am 	
11am			10:45am 			SUNDAY
Noon						11/2 & 11/22 POP UPS 10 am
Noon						11 am
1:30pm						
4pm						
5pm					 Gobble up a workout before your feast! Check the APP for special POP UPS, and Holiday Schedule	
5:30pm						
5:30pm				NEW! 		
5:35pm						
6:45pm		6:05pm 				

Studio Location Key

Mind & Body Studio

Group Fitness Studio

Cycle Studio

SIGN UP FOR CLASSES ON OUR APP: Peak Health & Wellness MSLA

First Time Sign Up Use Your Email and Temporary Password: abcd1234

IMPORTANT: The login email will be the email associated with your PEAK account. To check your email on file or add/update your email please call service desk: 406 251-3344 ext. 201.